



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Trueschler, Lutz**

Club: TV Warendorf

Number: 816

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 42:06

Speed: 14.25 km/h

Running performance: 4:13 min/km

Rank in course/Total: 14 (of 141)

Rank in course/Men: 14 (of 105)

Best time in course: 33:16

Rank in category: 2(of 21)

Best time in the category: 39:00